

## Experiences Related to Breathing

*This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.*

**(See also: *Hemi-Sync® Experiences and Exercises Relating to Cancer, Dental Pain, Pain Management, and Stress.*)**

Although nervousness and restlessness were her frequent complaints, she lay quietly after listening to the *Surf* tape, finally opening her eyes and saying, "I'm too relaxed to move." She also was delighted with the tape *Energy Walk* and said, "I played the tape twice today and it quieted my nerves. Not only does it help and relax me, I feel that something is happening in my body, and I know it is doing something for me. I played it again today and counted my breathing with my hand over the cancer. It makes me feel all over better and relaxed. I went off to sleep."

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Some form of stress management was indicated. I persuaded the patient to use headphones and listen to the *Hemi-Sync* tape *Sleeping Through the Rain*. I told him that the latest research from major hospitals and universities finds that hypnosis, certain relaxation techniques, and even special types of musical tapes greatly help people relax and regulate breathing and blood pressure. He seemed fascinated and very receptive to this. Apparently, the idea of hypnosis and relaxation techniques was all new to him.

Within just a few minutes of listening to the tape, the patient's breathing slowed and became clearer. His face relaxed and the familiar wheezing and gurgling sounds stopped. He also quit coughing, which made treatment much easier.

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Three of the seven children in this group showed minimal gains in improving their attentional focus and reducing hyperactivity. Each of these children had a history of severe respiratory disorder. This varied from structural lung disorders related to prematurity to severe respiratory incoordination with irregular breathing and breath-holding. One child was on a portable oxygen unit. As a group, these children were unresponsive to Hemi-Sync. On days when the breathing was less stressful two children were able to respond with greater attention and less hyperactivity.

One child who eventually showed major gains in focusing attention was initially highly inconsistent in his initial response to *Hemi-Sync*. Because there was no negative reaction and the music assisted the therapist in meeting his needs in a more creative fashion, *Hemi-Sync* music was continued as a background to therapy.

Over a three-month period (24 sessions) a change was observed in his breathing patterns. As the breathing became more regular and breath-holding incidents reduced, his attentional response to *Hemi-Sync* improved and he showed a consistently positive response to his therapy sessions. This was particularly significant since the no measurable gains had been seen in therapy for 9 months. It is possible that the other children with respiratory problems would also have profited from a longer trial. (Open Ear, 2, pp. 14-17, 1996 *Music And Hemi-Sync In The Treatment Of Children With Developmental Disabilities*)

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